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# Philadelphia Journal of Osteopathy

Philadelphia College and Infirmary of Osteopathy

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# Philadelphia Journal of Osteopathy



Philadelphia Infirmary of Osteopathy: all Diseases treated without Drugs. Consultation and Examination Free

OSTEOPATHY APPROVED BY LEGISLATURES OF SIXTEEN STATES

Subscription Price, 1.00 a Year

JANUARY, 1902 X

Single Copy, 10 Cents

PHILADELPHIA COLLEGE AND INFIRMARY OF OSTEOPATHY, Incorporated

Next Class Matriculates February 3, 1902. Write for Information

Witherspoon Building, Walnut, Juniper and Sansom Streets, (Sixth Floor)

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# Philadelphia Infirmary of Osteopathy

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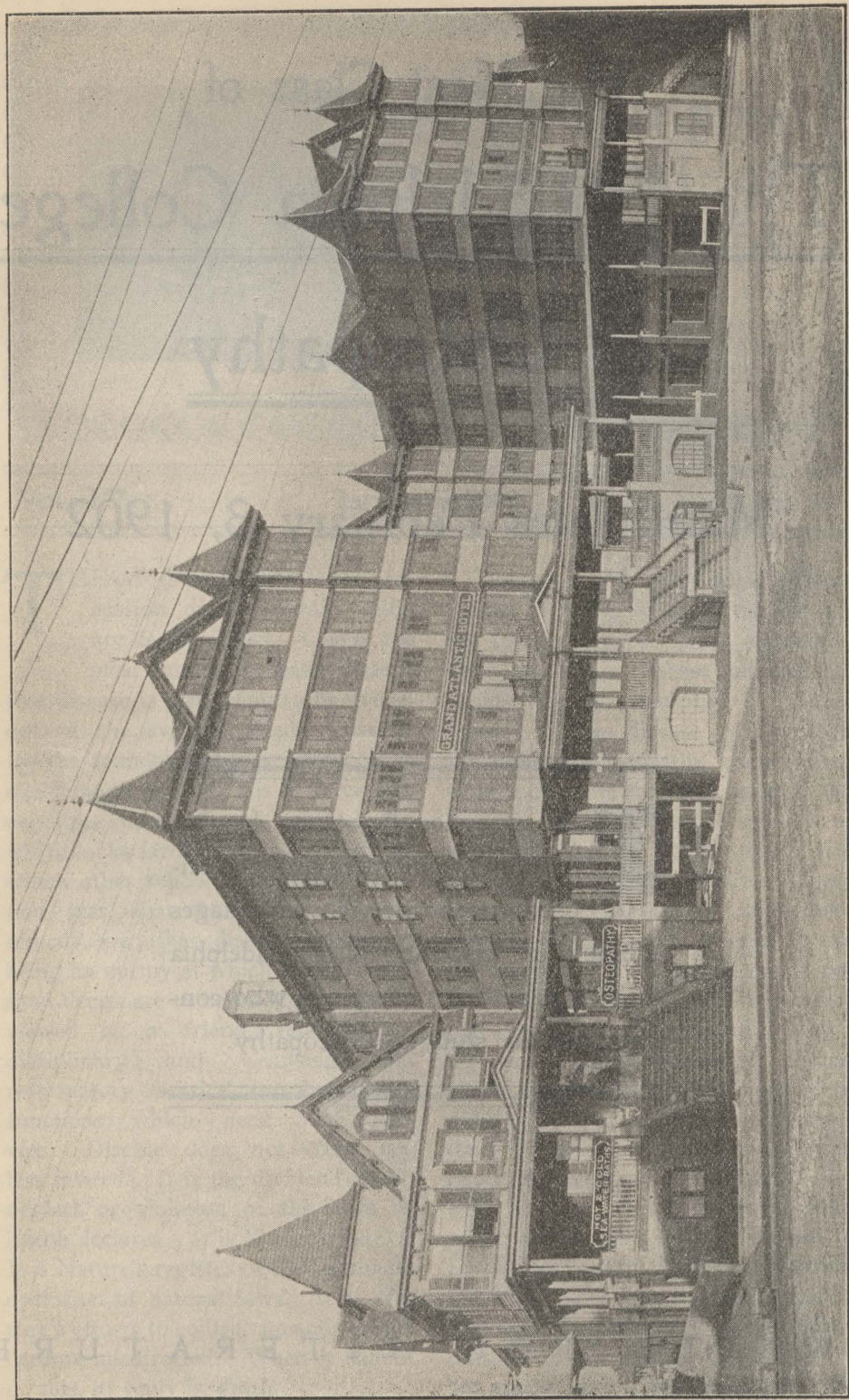
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The Next Class of  
The Philadelphia College  
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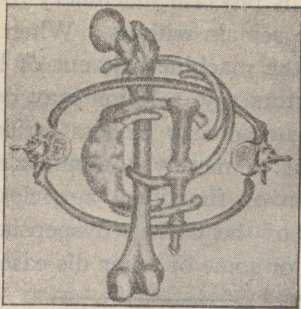
**O**UR exceptionally strong faculty, thorough equipment and the unusual educational advantages afforded by the City of Philadelphia itself should attract every one who contemplates the study of Osteopathy.

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W R I T E   F O R   L I T E R A T U R E





# The Philadelphia Journal of Osteopathy

Offices: Witherspoon Building (Sixth Floor)  
Walnut, Juniper and Sansom Streets,  
Philadelphia, Pa.

Vol. IV.

January, 1902.

No. 1.

THE errors which have taken possession of the human mind are deeply seated. One of the most thoroughly seated ideas is that disease is something to be driven out of the system. Medical works lay the foundation of the error. The one thought of M.D.'s is to drive out, expel the enemy, disease. Osteopathy which looks far beneath the surface on which other schools rivet their attention, sees what the real trouble and remedy are; that disease instead of being an enemy at which twelve thousand drugs are to be hurled, is rightly viewed as a friend, rendering a disciplinary and cleansing and reformatory service to the bodily functions which need such service. Disease does not come unless invited. It is the dividend which neglect or violation of the laws of health declares. It is Nature's "kick," It is Nature's register of the legitimate operation of natural laws. It is Nature's efforts to control agencies which become misdirected. When it cannot do this, its reply is, death.

The great crime of so-called medical science is to try to crush out Nature for trying to cure. Does osteopathy then encourage disease or sickness shouts back the multitude? It does better. It uses disease as a weapon for health. Osteopathy knows when disease comes it has some business for coming and it has sense enough to know that it will not go until it has transacted its business. Disease is there because of violation of some sort against Nature, when we get to the last analyses. To stamp it out is not the instant purpose. Then does osteopathy coddle it and play with it as a boy would with a lion pup? Not at all. Osteopathy's methods instead of dilly-dallying are often almost instantaneous, never prolonged. It calls upon all the power in the human system, but not of the human system which serves the afflicted function, to resume its ususpended work. Nothing can work faster than Nature, normally. Powder, dynamite and drugs often produce results quicker but Nature in her majesty and in her majestic intelli-



gence works with all the speed that she can stand without hurt to the delicate bundles of live wires at her substations and to the thousands of miles of avenues of infinitesimal capacity for carrying vital power in all its varying degrees of fineness from the invisible vital force that uses the nerves as their first railroads on the borders of the infinite down to the blood corpuscles and to blood itself—then to muscles and bones and then to the straps in the forms of ligament and fascia that strap and bind the body mechanically together as a human machine at this end of the line, a line that extends from Infinity to the Finite.

This exposition of the method of osteopathy is necessary because of dense popular ignorance on the subject. To re-use an illustration, can we get cool weather by poking our thermometer into a refrigerator. Can we get warm weather again by smashing the refrigerator into kindling wood. Old schoolery does this in a sense. Osteopathy, to follow this ridiculous analogy, melts the ice first.

Disease is simply Nature's way of registering conditions. Without elbowing too closely to some of the cross-eyed metaphysics that find believers in a batch of "isms" zins, each with more or less Truth that has gone sour by reason of the electric flashes in the atmosphere of intellectuality, we can say that there is from the radical, the absolute or zero point of osteopathy, no such thing as disease. But there is much that is spoken of as disease. Disease does not *exist* as goodness, virtue, sunlight, motion, vitality, exist. These *do* exist as mental conceptions of eternal verities or as absolute facts of material existence. Disease is dis-ease.

There is physical machinery to enable ease to remain with us. When "ease" goes, the machinery is out of line, or as doctors say, a lesion may exist, or the dis-ease may be less serious and amount to merely a minor abnormal relation of functional agencies, as in cases of headache, dyspepsia or a dozen or some of other dis-eases.

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Osteopaths know that there are a some abnormal conditions in the human body which cannot be remedied by any sort of exercise except to an unimportant extent. Physical exercise as a cure—all, is a delusion. The human body needs more than exercise. In its delicate interactions there are opportunities for innumerable abnormalities which athletic exercises are as liable to make worse as make better. Exercise has reference to the healthy action of agencies near the surface of action: as for instance, muscles, lungs, liver, etc. Osteopathy goes deeper and builds up cells and tissues, and mends in a thousand places where mending is needed, and looks into and through the bones and tries to see if the nerves and veins are doing their work according to headquarter instructions. There is as much difference between athletics and osteopathy as there is between a pot of paint and a Sixteenth Century Madonna. One is material—reaches the surface—the other reaches the soul of our being.

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While characterizing Osteopathy it might be well to give one distinction which Dr. Still gave in one of his lectures—when he said, "You have as little use for old symptomatology as a toper has for a cork when the bottle is empty."



Another fundamental fact in osteopathy is the maintenance of ability to sustain the artery to feed and the veins to purify, by taking away the dead substances before they ferment in the lymphatics and cellular system.

Ignorance or inattention to the arteries to supply, and the veins to carry away all deposits before they form tumors is the cause of unnecessary fatality in the Schools where the vital importance of vigorous artery and lung action is not so thoroughly realized as in Osteopathy.

To focus all these scattering observations let it be said if people want to be confirmed in their belief that they have a disease they had better keep away from Osteopathy for Osteopathy smiles in commiseration or lays its fingers on the complainer who seeks its touch and put Nature's forces to work, and all is well.

But it must be remembered that Nature has her limits beyond which she withholds her staying hands and refuses to reach out and save. Some of the old prophets somewhere tell us God is an Avenging Power—is a God of Wrath. There is sense behind these words. Nature has her schedules and itineraries and bills of fare and rules of action and the mortal who forgets, is reminded, and he miscalls the reminder, disease.

**T**HIS journal is read chiefly those who want to know upon what Osteopathy rests and intended for those who desire to know what advantages they have reason to look for if they adopt osteopathic remedies instead of drug remedies. Many ask themselves why,

after being cured for years by drugs they should return to something we now know nothing of. To such persons do we write.

The limits of this journal forbid many words. The distance between the enquirer into Osteopathy and the science of Osteopathy is long—the drug habit is strong. Comparatively few care to face the truth, preferring to let others see, look and try for them. To such, listen: Allopathy has ruled the world of sickness, latterly sharing its control in a measure with homoeopathy. Osteopathy is of late coming. It faces a stone wall of popular prejudice and ignorance. What! Cure without drugs or powders? The derisive ha-ha's that rebound from this stone wall would fill a page of this journal. The "ha-ha'ers" are about as capable of judging of the merits of medical systems and Osteopathy as a cat is of parsing a Greek verb.

The fault or error or crime, rather, which Osteopathy charges up against old schools is that their practice is based upon effects or appearances, and their whole and sole purpose is to stamp out these effects and appearances regardless of the results on the body. The whole and sole purpose of Osteopathy is to discern the force which produces the results and to act upon that force. This is emphatic, and on this distinction of treatment Osteopathy stands. It seeks the principle behind the appearance, it lets loose the force which stands behind the appearance, and it uses this force through a law as unalterable as the law which separated the ocean from the dry lands.

This is an age for thought. So deeply and widely has this been impressed



upon progressive human society that an outgrowth of schools has appeared, each representing in a limited way some feature of the grandest and most enobling Thought ever presented to the human mind. It is not necessary to enumerate all the shades and varieties of what is very often erroneously termed "advanced thought" on this subject. Christian Science is a type of this one-sided development of the human intellect in its search after and association with the great Force behind all visible nature, and of which visible nature is the mere temporary and fleeting expression. That thing called Time is simply a trick of Nature to make development from what IS towards what IS, because, as measured by the Eternal and the Absolute there is nothing but IS; no past, no future, but where the sum of eternal activity is equal to the sum of eternal repose.

But this little metaphysical somersault having been taken, let us look at the object in hand. The physical body is simply an expression of three things, viz: The Force which abides in the background and foreground of the universe, and second, to the expression on and through the body of its environments, and third, to the measure and individuality of the vital power within us, which is simply an individualization of the first-named factor, Force.

As these truths dawn upon the intellect and the vastness of the life, possibilities of and the wondrous mechanism of the human body become evident, there is an insensible shifting off by the mind from the artificial devices of Old Schools of medicine to competently deal with the human body, and a corresponding attraction to a system or rather method of co-operation with na-

ture as developed through Osteopathic practice which is moving silently beneath the surface of society. Thought or the thoughts of the masses are instinctively recognizing truth and non-truth. There is no such thing as falsehood as a reality, but the world is choking with non-truth.

All history, all social progress have had their epochs. Osteopathy has just ushered in or has accompanied the appearance of an epoch. It is utterly revolutionary and, having been born under the bright light of Truth, has a contempt for or at least an indifference for methods which never look for an instant at the foundation facts and forces under which the human body exists. Osteopathy has a contempt for those systems which pretend to recognize conditions for facts, and which dares not go behind the conditions and ask the great forces behind or in Nature, to root out the causes which create the condition. The human body was curbed for ages by slavery—from the days of Roman Imperialization. The human mind was held in restraint as to thinking for centuries later. It has in all ages been held in restraint by those who set themselves up as knowing how to cure material ills, but the chain has been snapped asunder and the human mind is opening up to the realization that the body in which it is encased possesses the keys to unlock the sources of health within it.

Each and every particle of matter in the universe is the storehouse of Force—force which is doing and always will do work. It is upon this fact and principle that Osteopathy does its work. The difference between Osteopathy and former opathies is mainly



that the former has unbounded faith in this force to restore impaired functions and the latter has little faith, so little that it keeps thousands of miles of bottles ranged on shelves filled with chemicals to do the work that this eternal Force is ready and able to do a hundredfold better.

This reiteration on one point may possibly become wearisome to the reader, but the existence of Force is so deep, fundamental, and so close to the heart and soul of Nature that it is no easy matter to say too much or write too much. The idea of Force-eternal and ubiquitous must become a permanent possession of the human mind and its nature comprehended as far as the human mind can, in order that the merit of Osteopathic practice can be appreciated. Its drug store is this force. It draws force from Force.

If we but look around we discover that in every department of natural existence, work is being done. The aggregate of these forces as measured by what the human mind accomplishes through physical force is almost as zero to infinity, so little is the one and so vast the other.

The fundamental conception of Osteopathy is that there is a force in Nature and a method by which this force manifests itself. It further recognizes that all Law is sustained by force, and that all existing phenomena and conditions, normal or abnormal, exist by reason of that force. The same force which, when rightly used and directed, gives tone, vigor, force, ambition, and all else, is the same force that makes sickness, disease, languor, and all other false conditions. Osteopathy recognizes that the spigot which turns

on these forces is out of order. Nature, in its grandeur and magnificence and almighty power and eternal benevolence, stands behind, ready to rush to its work, but the spigot is often wrong.

It will not be long before the man who asserts that vital function is the product of physical force will be caged in a museum and admission charged to look at the monster.

Unobstructed blood is a fundamental requirement of health.

Where health prevails there is no stoppage of the blood in either vein or artery.

If an artery cannot unload its contents a strain follows and nature builds up abnormal receptacles to hold it.

Each vein, great and small, has nerves to force blood back to the heart.

Where the blood is too thick it is properly diluted by the lymphatics preparatory to entering the lungs.

What is fever? Fever is a result. Result of what? There doctors differ, but Osteopaths do not.

Nature is the product of principles, and is based on facts observed and facts inferred.

Law is the mode of Nature's action. There is in reality no law in Nature, but there is a mode or method by which Nature acts and in our shortsightedness we call these modes and methods, Laws.

Osteopaths clearly recognize that force, vital force, exists behind all phenomena and that to effect phenomena or outward conditions they must reach this force. A knowledge of Osteopathy enables



the practitioner to be able to control the force which produces the desired result.

The public has cause to wonder at the failure of doctors to discover the principles from which Nature operates. Each phase of health and disease has been the subject of treatment for ages, not because facts and conditions were not observed, but because the principles back of them were not observed. The value of Osteopathy lies in the fact that it has discovered and elucidated these principles.

Osteopathy glides past surface indications into the real world, the hidden cause of things, delves into the invisible forces and laws of existence in order to place and preserve the system so that the dangers to health may be avoided and that health may be had against disaster, and that the good things of life may be intellectually and spiritually enjoyed.

Did it ever occur to the reader that the mind thinks as Nature works?

All that is, is an evolution of invisible principles. To rely on our materialistic observation is to ignore all that vast force and vast knowledge that is beyond material conception. Osteopathy knows and acts upon the knowledge that what we know is vastly less than what Nature knows, and that to employ Nature to do needed work is to vastly overreach and outreach old methods of practice. To base practice on ascertained facts, three-fourths of which are not facts but imagined facts is to ignore the mighty benefits which Nature can do for us if we only open the doors and windows of the body and let sweet Nature in.

IN these paragraphs the word "Nature" is frequently used. It is like using a tack hammer to drive a bolt through a 14-inch armor plate to the side of a battleship. The word "God," though meant to express the highest human conception of creative and governing Power, is delusive because of the fractional knowledge possessed or attainable by mortals of the All knowledge and All power. The Osteopath, apart altogether from what his religious belief or lack of it as religion is popularly understood, knows the word God, or the word Nature, means to him that there is a source of All power, and that there is an avenue through which communication is established with that power and the patient treated and that his business is to establish the connection.

Bennett's *Materia Medica*, page 332, says: "There have been no general systems in *Materia Medica*; that it is an incongruous combination of erroneous ideas, of observations often puerile, means at the least fallacious and formulae as fantastically conceived as they are preposterously combined. Combined physic is absolutely revolting to a rational mind. Chemists agree everywhere as to the action of matter and the fundamental facts concerning it."

The Osteopathic-technical definition of health is the number of cells it can break down per second and be replaced by as good. Could the battle in progress in the human system between life-sustaining and life-destroying forces be illustrated it would appear that the things we are taught to beware of are practically harmless when attacking the life forces in a body Osteopathically sound.



Right and properly regulated physical exercise, involving a proper mental co-operation, is the secret which is being unfolded in the experience of thousands. Physical exercise, which involves intellectual co-operation, is better than that which does not. Improvement largely comes through the intellect. To force it through the muscles is well, but it is like a horse standing backwards behind a wagon and pushing it up-hill. A great many people are going up-hill this way. There are a bookful of reasons for advising a wiser method of health remedy than blind and unintellectualized physical culture.

A great many people are deceived as to the cause of better health after taking up with one or more of the fads of the day. The secret is, these enthusiasts unwittingly release some of the latent forces of the body and are made better and imagined it came from the practice of a few rules or exercises. Proper observation of health conditions and Osteopathy ride in the same coach, but the battery is Osteopathy but the coach seat may be physical culture.

The minister who preaches from Sacred Writ, lo, the kingdom of God is within you, should go farther and say, lo, all means of cure of the human body are within it.

The fundamental point in all treatment is that Nature is the only agent of cure. All else is temporary or artificial. It is asking the average man or woman a great deal to believe this, but Osteopathy is daily demonstrating it. More oxygen, properly utilized, is an absolute requirement. Proper breathing, which expands the lungs and in-

creases capacity is highly important. Heart disease, a common ailment, is often the outgrowth of long oxygen-starvation. Fatal termination has often been prevented under Osteopathic practice by a quick expansion of air capacity.

A good many books and pamphlets on health, with rules to be followed to get health are being scattered around, and many people are reading them. The trouble with them is, too many rules have to be remembered. To remember half of them a person would be able to do nothing else but remember rules. This is missing the point. Rules outside of a few well-defined, common sense ones are not advantageous. Nature has stored up all necessary instincts in us which can be naturally practiced if we observe a few easily followed rules that are part of our nature to follow. To hypnotize the mind with a bookful of directions may be good for the author and bookseller, but they are not as good for the patient. If we live within handshaking distance of Nature we will need to trouble ourselves with few rules. To so live is to live Osteopathically. That is the Gospel of Health without rules. To so live is to keep the natural functions and forces of the body right. Nature invites all to her bosom and her gentle hand violates no conceptions of enlightened Thought. Go into any machine shop and there we find all instruction, all effort directed to acquire a knowledge how to do right. This includes the learning of how to make mechanism right when it goes wrong. The thought of the whole world is how to do right and get the most and best out of life. Much erroneous judg-



ment is displayed in these efforts, often apparently chosen to reach opposite ends, but the fundamental purpose when analyzed is upward and outward.

Why not the same in the field of Health? Why not as is done elsewhere in the shops, learn to make the mechanism right and keep it right? Do not the inspectors tap the car wheels to detect approaching deterioration? How often do we tap the wheels within us? Is not the engineer's eye on his engine or dynamo every minute of its working hours? How often do we think of or look at our engines and dynamos? Even a horse (if he gets the opportunity) takes an Osteopathic treatment by "rolling over" after the harness is off. But the human idiot gobbles his dinner and rushes to the theatre, club, or meeting, or drops into his Morris chair and starves his hungry muscles, and after doing this over three hundred times a year for several years is surprised when Nature calls for an account of stock and Trial Balance. The average donkey pursues a wiser course.

### Senator T. C. Platt on Osteopathy

(FROM ASSOCIATED PRESS REPORT).

Washington, Jan. 11.—Senator T. C. Platt declared to-day that he is an enthusiastic believer in Osteopathy, and that he indorses the bill introduced in Albany by Senator Edgar T. Brackett providing for the licensing of practitioners of the science after July 1 next. A Regent's examination is provided for all candidates.

There are many others prominent in public life in Washington who agree with Senator Platt in his approval and who are quite as enthusiastic as he is in their belief in Osteopathy.

Mrs. Senator Foraker is among them, and the Senator himself has

benefited by the treatment.

Senator Gage's successor in the Cabinet, Governor Shaw, of Iowa, and Mrs. Shaw, are also converts to Osteopathy, it is said, and the list of enthusiasts in other parts of the country includes Mark Twain, Lon. V. Stevens, of Missouri; Governor Grout, of Vermont, and many well-known physicians.

Senator Platt is out-spoken in his indorsement. He said to-day:

"I believe in Osteopathy, and I know what I am talking about. I have been under treatment for six months, and it has done me an immense amount of good. For some complaints there is nothing equal to it."

H. H. Rogers, the Standard Oil man, is said to be responsible for Senator Platt's enthusiasm. Mr. Rogers related his experience to Mr. Platt and that Senator tried the treatment.

"Why, there are a lot of persons," added Mr. Platt, "who have been under treatment. I could tell you any number of them. It is a fine thing for nervous affections of all kinds. Of course, I don't say it is the best treatment for everything, but so far as it goes I know it is all right. When anything else is the matter with me I go to a regular physician, just as I always did."

—With reference to the distinguished Senator's remark contained in the last few lines of his interview permit us to suggest to him to give Osteopathy a trial for whatever physical ailment he may become afflicted with in the future.

Osteopathic physicians treat all diseases amenable to treatment, and there are hundreds of people ready and anxious to testify to the efficacy of Osteopathic treatment in each of the various diseases that commonly afflict man.

### The Drug Treatment for Constipation

(From a Drug Journal.)

"The prevailing drug practice for constipation relies on strychnine,



one of the most valuable remedies, and may be combined with belladonna, aloin, podophyllin, and cascara sagrada. A favorite formula is a tablet containing a fifth of a grain of aloin, one one-hundred-and-twentieth of a grain of strychnine, an eighth of a grain of extract of belladonna, and half a grain of cascara sagrada. Take one at night and repeat in the morning if necessary. In stubborn cases, where we find a sluggish liver, a tablet containing a quarter of a grain of aloin, the same amount of podophyllin, and a grain of blue mass will be beneficial, if taken at night for several nights or until the bowels are cleared out. Another good method is to unload the portal circulation with a sixth of a grain of calomel every half hour till twelve doses are taken, followed in the morning with a Seidlitz powder. A compound cathartic pill may be needed occasionally as well, so that milder remedies may have a better chance to act. The drug that can be relied upon to the greatest degree is cascara sagrada, and in the form of an elixir it may be taken in drachm doses once, twice, or three times a day, gradually reducing the quantity and frequency as the needs require. It may be combined with malt extract, and in any case tonics, where indicated, are beneficial. In anaemia, iron, in combination with gentian or other tonics is to be used with laxatives. A chronic gastric catarrh requires treatment directed to that condition as well as to the constipation. Just so, the relief of chronic heart, liver, lung, or kidney disease will often relieve the habitual constipation that is present in those conditions. Lastly, mineral waters, bottled or preferably at the springs, where they can be procured in their fresh condition, together with the change of climate and scene and the exercise required in walking to the spring, will do wonders sometimes for those who are able to avail

themselves of this form of treatment. In women a retroflexed, retroverted, or hypertrophied uterus demands attention."

—We are not accustomed to quoting treatments in old school practice but in view of the inroads which constipation is making into the health of the people, the above extract is given that all those so suffering may know in advance what they have to expect when they ignore nature's gentle and natural remedies. The favorite formula, it appears, includes belladonna, aloin, podophyllin, cascara, strychnine and blue mass. The broad admission follows this poison scattering prescription that the relief of chronic heart, liver, lung or kidney disease will often relieve habitual constipation that is present in these conditions. If so, why not put the cart before the horse and proceed to the relief of the chronic heart, liver, lung or kidney disease? Must we let all these diseases run riot and fire poisons at constipation?

To state the osteopathic remedies which gently invited these ills to depart would be to revolutionize the villainous practice followed. Osteopathy cannot pass by such disorders of heart, liver, lung or kidney. It first challenges them, and knowing on what they rest, pulls their foundations from under them and sets the whole miserable gang of highwaymen into Tophet.

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#### Leprosy at Honolulu

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Too much fish eating causes leprosy, and too exclusive diet of any sort tends to the production of conditions that enervate the digestive functions. A writer who has observed some conveying causes of leprosy at Honolulu, says: The Hawaiians are much given to an outward display of affection, especially



kissing and embracing. They smoke the same pipe, eat from the same dish, and in other ways lead to a direct inoculation of the disease. The same reasons are given by the physicians for the great increase in tuberculosis among the natives. Every accommodation is provided for the lepers at Molokai. They have their own homes, a school for boys and one for girls, and seven churches for the little town of 900 people. Besides the lepers there are about a hundred persons at the settlement—teachers, ministers, and nurses. Of the nine hundred lepers on the Island of Molokai, all but fifty are native Hawaiians. There are only fifteen whites and thirty Chinese. Expert physicians who have made a lifelong study of leprosy in Japan, France, and China have been studying the conditions, but have found no suitable remedy for the disease. The local government has given up experiments and there is a general feeling that the United States should now take up the study with the purpose of effecting a permanent cure. Osteopathy explains all zymotic diseases, and is waiting for opportunities to apply its practice to leprosy.

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Dr. Henri T. Fontain states what Osteopathy has frequently proven, viz., that tubercular peritinitis has a tendency to spontaneous recovery. This observation might be safely broadened to include a great deal more.

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Dr. Du Bois Reymond considers a fact of common osteopathic knowledge to be of sufficient knowledge

to warrant its announcement to the medico-scientific world, viz., that when the animal under experimentation ceased to breathe, either from ether or injuries to the medulla, and when artificial manual respiration was resorted to, the glottis showed regular accessory movements synchronous with artificial respiration. The doctor regarded the phenomena as an unknown kind of reflex, in which the passive movements of the thorax act as a stimulus which gives rise to an apparent impulse, exciting the motor centre of the larynx. The point, "an unknown kind of reflex," is something osteopaths are able to talk about.

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After generations of cancer cutting, Dr. Robert Reymond asks: "Can we supplement the knife or substitute for it any other plan for removing these tumors that will prevent this systemic infection?" If there is any subject on which Osteopathy is clear, it is the treatment of cancer.

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In a profound editorial in the "Medical Journal," referred to, the editor, after going over the crowded out communications of a large number of physicians concerning constipation, winds up by saying: "These suggestions may perhaps be found useful supplements to the measures mentioned by our contributors."

"May perhaps." O Lord!

Perhaps we had better say nothing out of kindness to the people who confess to an almost criminal ignorance of how to control or remove constipation. But this much may and ought to and must be said, viz., that the doctors are honest in telling what they know of constipation and that it is not far from zero,



Centigrade. Osteopathy controls constipation as one of its easily executed treatments. It simply goes to bring has no place in Osteopathy, he the cause which they understood and by an easy and natural readjustment sets the idle functions to work.

Osteopaths have learned how to restore vitality to the blood by processes so simple and natural that they are surprised the remedies were never hit before. We read of some German physicians who have discovered that by the use of ichthyol baths in various forms of anaemia, in gouty conditions and in diabetes, certain prompt and decided effects were produced on the blood—that after baths the amount of haemoglobin in the blood was increased from 20 to 40 per cent., and that the number of red corpuscles arose by from a million to a million and a half. The blood examinations were always made twenty-four hours after a bath, so that the erythrocytosis due to warm water, had not to be taken into account. It required three baths to produce these results, but fifteen or twenty such baths were required to produce definite results. There is an old cure in Germany called the tannin bath cure, that produced temporary good results. But the above experiments are lacking in importance owing to the lack of observed results after a period of a month. It is all right to give the blood an artificial square meal occasionally, but Osteopathy has too much knowledge of and respect for the blood to cheat it by any such devices. Besides this, there is a certain resident intelligence in the blood which enables it

to soon detect the artificial character of the aid rendered and to refuse to accept it after a few enforced treatments.

Osteopaths, in cases of arthritis, have a well defined plan of action, despite its manifold manifestation. The old school method treats it as it would gout or rheumatism, to eliminating sources of reflex irritation, to restoring by drugs normal nervous vitality (often by electric baths) and plenty good diet, show that the longest way round is not always the shortest way home. The osteopaths take hold differently.

#### To Our Readers

THE purpose of this journal is to place before the eyes and the intelligence of readers, the facts on the top of Osteopathy and the principles under it, as far as it is possible to do so. It does not propose to instruct or to demonstrate, but to reach the people. Osteopathy is so different as a method or system of restoring health, and the average reader is so accustomed to not doing without drugs, that he is afraid to allow the bodily forces and functions their natural play. Every step of Osteopathy meets with instinctive combativeness from the inquirer. When Osteopathy performs its remarkable cures the outsider merely wonders how it was done and there is the end of it. To overcome this inherent prejudice which hampers the mind is difficult, frequently impossible. The average reader has heard of rubbing, but when he discovers rub-



wonders all the more. "What does the Osteopath do then?" he asks. Does a watch-maker rub a watch when he repairs it? He may rub the dust off it, when the customer calls to get it. The machinist may rub his engine or instrument before using it after repair, but the rubbing in any case is not essential. What is it that produces such extraordinary changes in the body? As well ask the machinist or the mechanical engineer how they bring back harmony and force, to what passes through their hand.

This question can never be answered, because the human body is the most intricate machine ever built and demands the most highly specialized knowledge of it which the human mind can attain. With *materia medica* the osteopath has nothing to do, can have nothing to do, because there is nothing for it to work at or on when the powers within the body are set into harmonious motion.

These reiterations may become tiresome. They are uninteresting to him or her who has discovered the truth which lies hidden in the intricate and endless net-work of forces which play in ten thousand minute channels of the body. But these lines are for those who do not know, who stand aloof in suspiciousness, and let us add, without reflection on the reader's intelligence or sincerity, ignorance. It is ignorance, but it is world-wide and it has held the human mind for centuries. All things come at the right time. Even disease comes at the right time. Osteopathy comes at a time when the world is gasping and

grasping for a Truth that bears the stamp of Divinity.

If the reader is willing to enter and see, it is easy to show why Osteopathy has come to become a giant factor in the field of human progress. It first recognizes an eternal Truth, viz., that the power which sustains and cures is of Divine origin, or to use candle-light intelligence, nature possesses within itself the power and means for health restoration. The word Nature people understand. The word divine is misleading, because most people attach to it something supernatural—some power which is indefinite and vastly above human power.

The gift which Osteopathy brings to the human mind is that power we are accustomed to regard as divine, is so actually divine that it exists in every cell, corpuscle and fibre, and in the thousands of square miles of finest human "woven-wire" that lie behind the curtain of humanity or behind, or rather, in the human body, that it is within and under control, for the purpose of rendering these minute agencies capable of preserving health and catching declining health and holding it. It is a real gift, the greatest gift presented to man since the Truth was demonstrated nineteen hundred years ago.

The whole world is ready for Truth, not empirical truth, not theory, not what answered for truth during the youth of Humanity, but Truth that comes to the inner consciousness and is recognized as such by an apprehension as much stronger than mere intellectual compre-



hension, as intellectual comprehension is above dumb mechanical power.

Oseopathy in the unfoldment which is coming to the human mind, will call for not only the perfect health of the body by natural means and agencies, but it will gradually raise its voice for the restatement of philosophies and of the basic methods by which the mind jumps from cause to effect. It does not acknowledge that old methods are right because they are old. It stands on the Basis which evolved the universe; it has no theories. It goes no farther than the Laws which are expressed in Nature, enable it to go. Those Laws are not finite but Infinite.

To the halting reader who has measured his steps by what he knows rather than by what he can know, by what is knowable, as to himself, his existence, his life, his health, his mental, moral and spiritual capacity, has now the opportunity of stepping into a new life, whose roots are in the eternal past and whose development is now overshadowing the whole earth and whose future is to be the realization of the First Purpose of the Creative Power.

The old-school doctors are reaching out to the development of serum therapy in arthritic infections. They have difficulty in ascertaining the original source of infection, and the greatest anxiety they have is to prevent the infection of the joints by living virus.

Acute Endocarditis calls for (in old-school practice) rest, blisters to wall of chest below clavicle, and an absorbent administered (Sodium

iodide). How would an osteopath handle such a diagnosis?

A prominent physician tells us that in congestion and enlargement of the liver due to alcohol, malaria, cardiac weakness, overeating, and general obesity, the use of alkalin, sulphated alkalin, or muriated waters is often useful, according to individual indications.

Then follows a talk about health results, baths, Carlsbad, California and the gulping down of hogsheads of mineral waters. This remedy is a good thing for railroads, ship lines and hotel keepers from Dan to Beersheba. But what about the cause of all? The poor liver has not a word spoken for it. It is the arch-enemy that must be scared into normal activity by land and ocean rides and water drinking. Why not take the liver in hand, so to speak? Why not adopt the well-known and universally successful methods of liver building? In one sense the liver is a switchboard, and it records conditions. The liver is no more at fault for recording conditions than the thermometer or barometer, but it is a poor way to haul the poor unoffending liver around the United States and to Carlsbad, Germany, or anywhere, when it simply records conditions for which it is not responsible. Osteopathy goes to the abnormal, the positive and negative causes which affect it, and put them in working order by methods which can be as readily unlocked as a bookkeeper unlocks his combination safe.

The world listens and says, Indeed! but it keeps on going to Carls-



bad and the corner drug stores and to the devil in search of an impossible cure, only to discover at the end that the deeply-seated causes have only been scared away for a while as a boy would scare away a mouse with his shoe heel in the wainscoting of his room by hammering the spot where the mouse was scratching.

The failure of drugs to cure is leading to what one able physician terms, "lust for operation." But when he comes to recommending electric treatment for central nervous diseases, he sidetracks himself. Electric treatment is good sometimes, but what can an electrician do with an electric system when a dozen or two wires are crossed and the batteries have given out or some of the wires are grounded? Osteopathy flies at the sources which supplies the electrical current, sees the insulations are perfect and all the parts are in harmony with the source of supply, and the result comes.

Lewin concludes that under ordinary circumstances a healthy man excretes 0.10 to 0.30 gram of hippuric acid; that this quantity is increased by the administration of grape sugar; that it is increased also by the administration of increased quantities of albumin, in consequence of increased intestinal putrefaction; that following the administration of quinine the amount of hippuric acid is increased, whereas in many cases the amount of uric acid is diminished; that good stuffs rich in nuclein, such as thymus, increase the excretion of hippuric acid—the result of increased intestinal putrefaction; that in gout and diabetes the excretion of hippuric acid is not disturbed, whereas in perityphlitis it is greatly increased; that in fever conditions and kidney affections the excretion is never de-

creased, but, on the contrary, frequently increased.

At the recent Dermatologic Congress, the question of eczema was under discussion, and the general opinion seemed to be that the disease is nonmicrobic in origin. Frederic discusses the subject, but not very clearly. The more carefully the first typical lesions are examined, the more often are they found sterile; but in the crusts and pustules there are contaminating organisms, particularly the staphylococci and also the streptococcus. Frederic examined different skin lesions in 100 cases and found the streptococcus present in 53.7 per cent. Examination of the normal skin showed the presence of the streptococcus in 7.5 per cent. of 160 places examined (in 55 individuals). In the etiology of eczema a good deal of attention has been given to artificial dermatitis, many authorities believing that this constitutes, so to say, a prototype of eczema. Frederic found the lesions in croton oil dermatitis sterile, even in the case of pustules. In the pustules of tar dermatitis of the head, *Staphylococcus aureus* was found. The lesions of the dermatitis produced by antiseptics were sterile. It is thus evident that there is a sterile supuration of the skin in man; furthermore, bacteriologically, artificial dermatitis behaves exactly the same as ordinary eczema. Histologically, artificial dermatitis can be distinguished from genuine eczema. The differences are principally quantitative, rather than qualitative, the former containing more leukocytes and fibrin than the latter. Osteopathy propounds and practices the only rational principle concerning all skin diseases. They are not due to specific micro-organisms, but to constitutional changes in the blood. This is true all the way from "rash" to leprosy.



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## An Opportunity to Do Good

**I**NQUIRERS into Osteopathy sometimes ask for information as to cures effected. We have never solicited what might be construed as "testimonials," for both personal and professional reasons. Yet the right of inquirers to have some disinterested evidence of benefits received from those identified with our Infirmary, is recognized as reasonable. Our faculty does not desire to place itself in the position of soliciting statements of benefits received and cures effected, from its patients and patrons, but in consideration of the desire of some inquirers who modestly desire some information along these lines, the editor is disposed to find space for an occasional letter of this character, for the satisfaction of halting inquir-

ers who are standing on the threshold of osteopathy, uncertain whether to press the button and enter and be helped. For one who has entered and left cured, there are ten or twenty left standing between ill health and good health, simply because they have not read the personal experience of some few who are competent to speak of osteopathy and its wonderful power.

Arsenical neuritis has been found to be due to something else than pure alcohol. The heretofore established theory that neuritis was entirely caused by alcohol in beer and that new symptoms, viz., irritations of the mucous membranes and the skin lesions, were caused by arsenic, have been, it appears, successfully contradicted. The present view is that alcohol and arsenic, instead of acting separately, act in conjunction. An epidemic of this sort broke out in Manchester and the doctors were divided on the point as to the rapid nerve degeneration. Some thought the fatty changes in the nerves, which was the last development, was due to imperfect oxidation. Where imperfect oxidation occurs or is threatened, the osteopath does not hold a council before letting loose oxydizing power.

The alarming prevalence of habitual constipation to which frequent attention is directed in medical journals, appears to be on the increase. What is worse is that no accepted remedy exists, if we are to accept the discussions of these



journals. In discussing the quagmire of suggested remedies, one able (?) medical journal observes: "We regret exceedingly that we have not space for all of them (suggested remedies), for they are all replete with practical suggestions and with the results of experience and thought."

To which we reply, that it appears that in spite of all the "experience and thought" given to the correction of constipation, that the evil remains. Judging by this outcome, we are not inclined to attach much value to the "experience and thought" devoted to the subject. The quoted words simply mean that the doctors have no remedy for constipation outside of those violent and "cruelty-to-animals" remedies which druggists have not to think twice to know where to reach for them. Their A. S. & B. box is always handy.

It is enough to make an osteopath moan for humanity to read of the "cures" for constipation. It all hinges around diet, and in its last analysis means "die-yet."

A very sensible suggestion was recently made for the regular periodical physiological examination of certain school children. The suggestion is sensible on the supposition that it would be broad enough. Men on entering military or naval service are examined for physical defects. In school children no examinations are made and latent abnormalities which might be controlled and removed are permitted to develop until in later life they

result in conditions which practically defy ordinary repellant efforts.

An expert on the growth of the epithelium remarks: During its growth the epithelium forms a mass of cells, all layers of which are equally able to grow in different directions. A distinct differentiation between different rows of these cell masses does not exist. Later on the epithelium which comes into contact with connective tissue well supplied with blood vessels forms again regular epithelium, the lowest rows producing new cells, which now undergo the changes leading to the formation of normal keratohyalin and keratin. These growing cell masses do not need connections with either resting or growing connective tissue, although, under the usual conditions found during the growth of epithelium, the epithelial cells are found accompanied by connective tissue. The possibility of separating the growing epithelium from other tissues might be used to subject an isolated tissue, like epithelium, to certain experimental conditions, as for instance to the influence of different chemical substances, and thus to facilitate study of the reaction of isolated tissues, other than connective tissue and leucocytes, to different stimuli.

Physicians of all schools point out that malignant disease is on the increase. Dr. Dennis not long since made peace with his conscience and intelligence by acknowledging that drugs in malignant diseases are in-



effectual and that all other methods are of no avail—excepting—(listen ye gods!) surgery, and that this is good only in the incipency of the disease, and for the removal of sarcoma; microscopic examinations of every sarcoma and radical operation in case of malignant sarcomata affecting the long bones of the extremities are said to be wise.

Pure air, the greatest vitalizer, is so economically used in our modern methods of domestic and shop life that a predisposition to tuberculosis is always watching for development. Much of the vitality of human life is subject to improper environment and insufficient fuel for blood-cells and tissues. Land owners and house builders and shop owners whose avarice for floor space leads them to defy the demands of the human system for air and light, should no longer be permitted to ply their avocation of crowding so many thousand tons of humanity within a city block or a workshop, irrespective of the demands of the lungs for life-giving sustenance.

#### Our February Class

THE opening of the 1902 February class of the Philadelphia College and Infirmary of Osteopathy takes place February 3. The faculty is strong and able. The opportunity for acquiring a thorough knowledge of Osteopathy from every point of view to render the graduate fit to successfully practice his or her profession, is unequalled east of the Mississippi, or perhaps west of it.

The faculty as measured per number of students, is more liberal than in any college known. Those who are encompassed by the restrictions of environment should lose no time in cutting the Gordon knot under which they are still bound to conditions which forbid free action and its enthusiasm. Osteopathy, while new, is not therefore a passing ism. The world is calling for its ministrations. It is calling louder every month. Osteopathy wants the best men and women. It offers them golden opportunities. It is the coming system. It is truth's lamp to the establishment of the best physical conditions. The faculty will welcome inquirers to conference. The opening class will be the largest class yet brought together. Many who are to-day slaves to hours and stipends will in two years find themselves on the threshold of a new world where Life will take on a new meaning if they open the door.

#### The Greatest Work Yet

##### Deaver's Surgical Anatomy

P. Blackiston's Son & Co., Publishers, Philadelphia, have just issued a work on Anatomy, prepared by Dr. John Deaver that should interest every student of human anatomy, especially Osteopathic students and practitioners. It is a Treatise on Human Anatomy in Three Royal Octavo Volumes of more than 600 pages each, containing about 450 full-page plates, nearly all made from special dissections prepared for the purpose.



Dr. John Deaver, the author, now Surgeon-in-Chief to the German Hospital, Philadelphia, was for many years demonstrator of anatomy at the University of Pennsylvania and a man of recognized ability and an authority in this department. He has devoted the past twelve years to compiling this treatise and the work is of such magnitude that justice can hardly be done it in a brief review. It contains a great deal of practical information concerning fractures and dislocations, with unique illustrations that present important features in a manner not given in books on either Anatomy or Surgery, and it fills a want not previously provided for in literature upon this subject.

The arrangement of the contents of each volume is the most scientific and at the same time the most practical. Each section is preceded by illustrated articles on topographical anatomy showing the surgical and anatomical "landmarks."

To give some idea of the thoroughness of the work, we refer to the division which treats of the

brain. This section embraces 131 pages and 32 full page illustrations. Following the discussion of the membranes, spaces, cisterns, fluids, arteries, veins, nerves, fissures, convolutions, etc., etc., the author devotes several pages to the discussion of cranio-cerebral topography, with the diseases involving the structures embraced therein, the indications for trephining, etc.

To illustrate the arrangement of the contents we will cite the treatise upon the cranium. This occurs in Vol. I, whereas the discussion upon the brain appears in Vol. II, with the organs of sense, where it naturally belongs, owing to its close relation to the eye, ear, nose, etc., illustrating thereby the main idea of the work, viz., Applied Anatomy.

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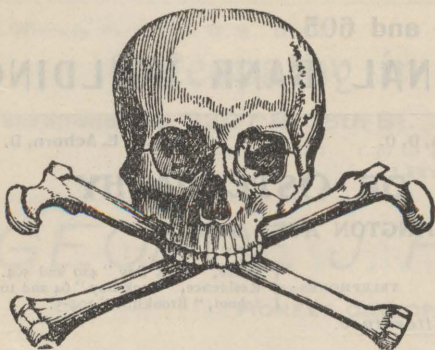
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**THIRD TERM:** Dissection of entire lateral half of a cadaver by each student. Regional Anatomy with Actual Demonstrations; Advanced Physiology; Urinalysis; Toxicology; Clinical Microscopy; Physiological Psychology; Osteopathic Symptomatology and Diagnosis; Nomenclature of Diseases; Applied Osteopathy; Clinical Demonstration of Osteopathy; Pathology; Chemical Jurisprudence.

**FOURTH TERM:** Topographical Anatomy, with Demonstrations on the Living Model; Gynecology; Minor Surgery; Dislocations and Fractures; Symptomatology and Diagnosis; Osteopathic Therapeutics; Clinics; Osteopathic Jurisprudence.

### ADVANCED COURSE

In addition to the Regular Course, opportunities are afforded students to further ground themselves in the essentials of the science of Osteopathy. An Advanced or Post-Graduate Course has been introduced, which is also open to graduates of other schools, who wish to further their qualifications and professional training. Advanced work in Dissection, Surgery, Bacteriology, Clinics, and such other work as the student may elect, will be presented in this course.

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Women are received on equal terms with men. The minimum of qualification is a good common education and average natural ability, while all college or university training will be useful.

We will be glad to correspond with any who may be interested, and will give full information as to the time, terms and course of study.

O. J. SNYDER, A.C., M.S., D.O.,  
President.

MASON W. PRESSLY, A.B., Ph.D., D.O.,  
Secretary.

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